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NEWS WORTH SHARING.

Is justice guilty of sexism?

Metro columnist argues women face double standard in the justice system. PAGE 14

SHEAR DELIGHT

Kin Ng holds up an ornamental sheep, a symbol of the 2015 Lunar New Year, in his Chinatown shop Bamboo Village on Wednesday. Arts and culture will be on full display this weekend with the three-day LunarFest at the Vancouver Art Gallery plaza. Activities include a performance by the Jhuo Lan Dragon Dance Team. The annual new year parade runs Sunday with festivities getting underway at 11 a.m. in Chinatown. GEORDON OMAND/FOR METRO

Police under investigation

Crime. There are 148 allegations of misconduct against 17 Abbotsford officers

The Office of the Police Complaint Commissioner is investigating 17 members of the Abbotsford Police Department for alleged misconduct.

To date, the OPCC says there have been 148 allegations of misconduct under the Police Act against the officers, including corrupt practice, deceit and neglect of duty.

"The Police Complaint Commissioner has determined that it is in the public interest to inform the public of an ongoing investigation involving serious allegations against members of the Abbotsford Police Department. The OPCC has withheld notice until now to protect the integrity of the investigation," reads the statement, released Wednesday.

"The allegations are serious in nature and primarily relate to issues with the integrity of statements that were provided by police officers to judicial officers pursuant to the authorization process for search warrants."

The OPCC learned of the allegations as the Vancouver Police Department investigated one Abbotsford officer, Const. Christopher Nicholson, for suspected criminal offences in 2013.

Nicholson was arrested and charged in May 2013 for breach of trust, obstruction of justice and conspiracy to traffic a controlled substance.

Abbotsford police spokesman Const. Ian MacDonald said Nicholson has been suspended without pay pending the outcome of his trial.

Abbotsford police Chief Bob Rich said the other 16 officers have been moved off drug investigations but remain on duty.

He said he believes many of the allegations against them stem from clerical and procedural mistakes made in handling informants during drug investigations and defended the officers involved.

MATT KIELTYKA/METRO

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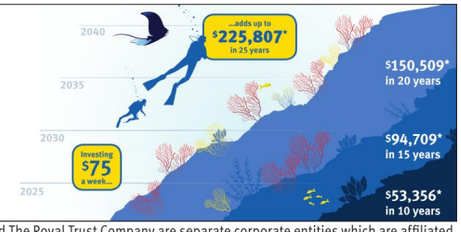

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Vancouver Island

Minor hockey league bans eight parents

A minor hockey league on Vancouver Island has barred eight parents from attending their children's games this weekend as the sport association takes aim at verbal harassment against on-ice officials and players.

The Vancouver Island Amateur Hockey Association made the call following several internal investigations into a recent rash of offensive spectator conduct.

"This is embarrassing on these children that their parents behave this way," said Jim Humphrey, VIAHA president.

The league had initially considered banning all fans for a weekend, with referees instructed not to start the game until the spectator area was empty.

But it ultimately decided to target its response toward the parents who had inspired other spectators to lodge complaints with the league. Humphrey said he hopes the move sends a message to parents that abusive behaviour will not be tolerated.

"You've got to treat people with respect," he said. "Minor sports cannot be different than anyplace else in society — you have to behave and if you can't behave don't bother showing up."

Humphrey said the public response to the league's decision to bench the parents has been overwhelmingly positive, adding that he has received emails from across the country — from parents and officials alike — expressing support for the decision.

GEORDON OMAND/FOR METRO

Miss P is the toast of NYC

Miss P, a beagle from Enderby, B.C., poses for a photo at the Empire State Building on Wednesday in New York City. Miss P captured Best in Show at the 139th Westminster Kennel Club Dog Show on Tuesday. For the full story, visit metronews.ca/vancouver.

ANDREW TOTH/GETTY IMAGES

City grants $1M to re-open housing

Homelessness. Former Bosman Hotel will once again house those with mental health issues

EMILY JACKSON
emily.jackson@metronews.ca

One hundred temporary homes for people with mental illness disappeared from the Bosman Hotel when federal and provincial funding dried up last fall.

But with a $1-million grant approved by Vancouver city council on Wednesday, the downtown housing at 1060 Howe St. will be able to reopen its doors to homeless and low-income tenants for five more years. It could potentially come before the March homeless count that will evaluate the mayor's goal of ending street homelessness by 2015.

While the grant hasn't yet been approved in the 2015 budget, delaying would have stopped people from getting inside and getting help as quickly, Coun. Kerry Jang said. The budget, which includes the $1-million grant, is expected to pass in March.

"There's an urgent need here … that delay could be fatal for some people," said Jang, a psychiatrist who has seen the devastating effects of mental illness.

The housing opened in 2009 as part of a three-year, federally-funded mental health study. B.C. Housing stepped in to cover the costs for two additional years.

When the funding wasn't renewed last fall, the owner initially planned to develop the site. It instead leased the building to Community Builders Group to re-open the affordable housing with monthly rents between $375 and $600. Six of the beds will go to patients ready to be discharged from nearby St. Paul's Hospital.

The city will pay less than a quarter of the total project cost for 100 units and support services.

Despite the fact that the hotel has been home to low-income people with mental health issues for the past five years, the Non-Partisan Association tried to delay the approval with arguments the community hadn't been consulted.

Councillors George Affleck and Melissa DeGenova noted that residents were upset this winter when a 157-bed temporary shelter opened three blocks away at the Quality Inn.

But Vision countered that the city doesn't consult before it gives grants. Neighbours will instead get a chance to comment during the development permit process.

Jang said it should be no surprise to residents that Vision, elected for the third time, will provide housing to end homelessness.

"We're working damn hard," Jang said before accusing the NPA of trying to delay the project so Vision doesn't meet its goal of ending street homelessness.

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Investigation

Missing hiker found dead

A hiker who was reported missing in January has been found dead.

Vancouver police and the B.C. Coroners' Service confirmed Wednesday afternoon that the body discovered at Hanes Valley, in North Vancouver's Lynn Headwaters Regional Park, has been identified as 21-year-old Liang Jin (also known as Leon Joy).

Jin was reported missing Jan. 3, days after he sent his father a text message saying he planned to go hiking Dec. 31. The coroners' service says Jin's body was found in a boulder field in the valley. The death is being investigated but foul play has been ruled out.

MATT KIELTYKA/METRO

Crime

Man wanted for various crimes caught for fare evasion, transit police say

A man wanted on 13 warrants has been foiled by a simple fare check in Burnaby, according to Transit Police.

The department says officers were conducting fare checks at Metrotown SkyTrain station Sunday when they stopped a 19-year-old Alberta man with no fare or identification. He was identified as Tyler Daniel Letkeman. Letkeman is wanted on 13 warrants by Lethbridge Regional Police Service, stemming from alleged offences including sexual assault, mischief, fraud and possession of stolen property. MATT KIELTYKA/METRO

Gender-inclusive washrooms sought by advocates at SFU

Human rights. Group replaced a number of traditional male and female door signs with gender-neutral signs

GEORDON OMAND
vancouver@metronews.ca

A protester walks out of a men's washroom at Simon Fraser University as others occupy the inside during a demonstration in Burnaby on Wednesday.
GEORDON OMAND/FOR METRO

For Simon Fraser University student Nathan Lyndsay, just going into a washroom can be a stressful experience.

But the 24-year-old activist is hoping to change that reality for both himself and fellow transgender students with a campaign to increase the number of gender-neutral bathrooms on campus.

On Wednesday, Lyndsay and her fellow advocates staged a sit-in at a central washroom on SFU's Burnaby campus to raise awareness about the lack of gender-inclusive facilities.

"Everyone deserves a safe place to go pee," said Lyndsay, who identifies as trans masculine.

The sexuality and women's studies student helped spearhead a campaign last fall to allow transgender students to substitute their given name with a preferred name on student ID cards and official class lists.

Drawing on that success, he said he hopes to continue to build on the momentum.

Besides occupying the washroom on Wednesday, the group replaced a number of traditional male and female door signs with transgender symbols.

"Folks who fit into either man or woman (categories), we're hoping they're going to have a moment of (discomfort) where they don't know which one they belong in and to think about that," he said.

"That's something that trans and gender-variant folks have to deal with every single time that they have to go to the washroom."

In a statement, the school's associate vice-president of student affairs Tim Rahilly said SFU is committed to creating safe, supportive and respectful spaces. He said the university introduced its first gender-neutral facility in 2003.

SFU has 208 gender-neutral washrooms, according to a university spokeswoman, with 115 located within academic buildings and the remainder at the Burnaby campus residence.

Northern B.C. chiefs want to stop rail oil transport

First Nations leaders in northern British Columbia are threatening to block all attempts to move oil through the province by rail as they explore alternatives.

The chiefs say they will meet in the next 30 to 45 days to discuss a plan, adding the mode of oil transport is putting their communities and the environment at risk.

Five aboriginal leaders are leading the call to halt oil by rail as they cite the landmark Tsilhqot'in court decision, which they say reinforces the requirement for First Nations to be consulted over the railway in their territory.

Burns Lake Indian Band Chief Dan George says oil by rail is a serious threat and the chiefs feel obligated to explore safer alternatives.

The chiefs are also against the Northern Gateway pipeline proposal but have agreed to consider Eagle Spirit Energy — a pipeline being pitched by an aboriginal businessman as an alternative.

The new proposal would link Alberta's oilsands to a tanker terminal on the B.C. coast and include a method to refine bitumen to a lighter product.

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Transport Canada axes idea to let boats dump sewage closer to shore

Proposal. Regulator renegues on changes after massive response

EMILY JACKSON
emily.jackson@metronews.ca

Enough people told Transport Canada it was a foul idea to let boats dump sewage closer to shore that the regulator flushed the proposal this week.

Backlash from municipalities and organizations including Vancouver Coastal Health and the Vancouver park board prompted it to throw out the proposal to allow small vessels to release their waste one nautical mile from shore, down from three nautical miles under the current regulations.

"From the comments received by stakeholders, this proposal is no longer being considered," Transport Canada spokeswoman Mélany Gauvin confirmed in an email Wednesday.

It originally looked into the idea because some small vessels aren't allowed to go more than three nautical miles from shore, Gauvin said. This prompted concerns from local organizations worried by the frequent beach closures due to abnormally high E. coli levels in 2014.

Transport Canada is, however, continuing to look at proposals to establish areas where discharging waste is banned.

The Vancouver park board hopes to get the Burrard Inlet designated as one of these no-dumping zones. Bras d'Or Lake in the middle of Cape Breton Island is the first to get such status after a vast application process.

Park board commissioner (and former lifeguard) Michael Wiebe has been in touch with Transport Canada and wants to work with the regulator to strengthen enforcement of dumping near Vancouver's beaches.

He is also pressing the park board to complete the steps to get a Blue Flag designation for clean beaches and wants to work with marinas to get them on board.

"We need to continue to move towards having better water and just removing that stigma that our water isn't clean," Wiebe said. "This is just the first step for clean water."

Quoted

"We need to continue to move towards having better water and just removing that stigma that our water isn't clean."

Michael Wiebe, park board commissioner

A boat is moored in False Creek in January. Transport Canada has thrown out the idea of changing dumping regulations for pleasure craft. JENNIFER GAUTHIER/METRO

Martin Hirst, head of epigenetics at the BC Cancer Agency CONTRIBUTED

B.C. scientists lead epigenome research

Even with the help of a map, it can be hard to find the spot without the "X."

When it comes to the human genome — a genetic map — scientists in British Columbia are on the cutting edge of a global push to develop the guidebook that could lead us to all sorts of treasures, including treating diseases like cancer.

Research from the BC Cancer Agency, the University of British Columbia and Simon Fraser University is being featured in the prestigious journal Nature following a seven-year quest to map the human epigenome.

While the better-known genome refers to all the DNA within a cell, the epigenome — literally meaning "on top of the genome" — refers to the chemical modifications that affect how the genome is interpreted and expressed and ultimately what type of cell results.

"Another analogy people like to use is the genome is the hard drive and the epigenome is the software," said Martin Hirst, head of epigenetics at the BC Cancer Agency.

Understanding the epigenome gives scientists a map or a guidebook to knowing which parts of the genome are being read in which cells, he said.

While the B.C. research crew is the only Canadian contingent involved, the project includes scientists from various California and Washington State universities.

So far, the team has mapped the epigenome of 111 different cell types, including brain, liver, breast, stomach and various skin cells.

The next goal is to produce 1,000 epigenome maps — a project that would involve the collaboration of researchers worldwide.

Hirst described this stage of the research as just "the end of the beginning," adding that the team's findings hold promising applications in the treatment of a variety of serious diseases.

For instance, mistakes in the epigenome are a common feature in most cancers, said Hirst. But unlike gaffes in the genome, epigenetic abnormalities can be reversed, which means a better understanding of the human genome could pave the way for more effective cancer treatment.

GEORDAN OMAND/FOR METRO

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‘Al-Qaida Canada, that’s who we are’

Terrorism trial.
Jury sees video of defendants speculating over TV coverage of alleged plan to attack legislature on July 1

With less than a week until Canada Day, John Nuttall and his wife Amanda Korody found themselves alone in a motel room near Vancouver, watching television and discussing their alleged plan to bomb the British Columbia legislature on the national holiday.

They had spent the afternoon of June 26, 2013, shopping for bomb-making materials such as pressure cookers, their terrorism trial has heard, and they planned to build the devices the following day. The fruits of their shopping trip were strewn about their suite at the Sundance Motel.

Nuttall flipped through television channels until he landed on CNN, prompting him to imagine how television news would cover their planned attack.

“We’re going to be looking on the news and see the aftermath,” Nuttall tells Korody in a video played for the jury Wednesday.

“This is gonna rock the world. The whole world is going to hear about this. You know that, right?”

Nuttall and Korody had become the targets of an undercover RCMP investigation that began months earlier, when an officer posing as an Arab businessman befriended the couple and offered to help them execute their plan.

The Crown has already presented hours of video showing the pair interacting with the officer, but the motel video marked the first time the jury saw Nuttall and Korody alone for any length of time.

“We are now proclaiming we are al-Qaida,” Nuttall says in the video.

“We’re AQ Canada, al-Qaida Canada, that’s who we are.... We’re sleepers who’ve been woken.”

The Crown’s theory is that Nuttall and Korody were self-radicalized and were not part of a larger terrorist group.

John Nuttall and Amanda Korody are shown in a still image taken from RCMP undercover video.
RCMP/THE CANADIAN PRESS HANDOUT

The Crown has said the couple planned the attack to avenge what they saw as the mistreatment of Muslims abroad, and the videos have featured numerous instances in which Nuttall complains about Canadian military involvement in Arab countries.

In a separate video recorded in the officer’s truck on June 27, Nuttall describes a troubled childhood.

He says his father and stepmother physically abused him. He says they beat him and locked him in a room for a week at a time, forcing him to write out the Bible by hand.

“I hope my parents are there at the bombing — at the (Canada Day) fireworks,” says Nuttall.

“I hope they die, my father and my stepmonster.”

The Crown has said the couple were recent converts. In the video Nuttall says, “We didn’t have Islam until like a year and a half ago.”

Nuttall describes a Christian upbringing, but says he doubted the religion as far back as Sunday school.

“Because of all this confusion and the trouble I had with my parents, I rebelled,” says Nuttall.

“I misunderstood God. I knew he was there, but I still basically spat in his face because he wasn’t there for me and I was angry at him.... But then when you really truly open your eyes, you realize Allah is also here, he’s everywhere. When I read the Qur’an, it purified my soul.”

Nuttall and Korody have both pleaded not guilty.

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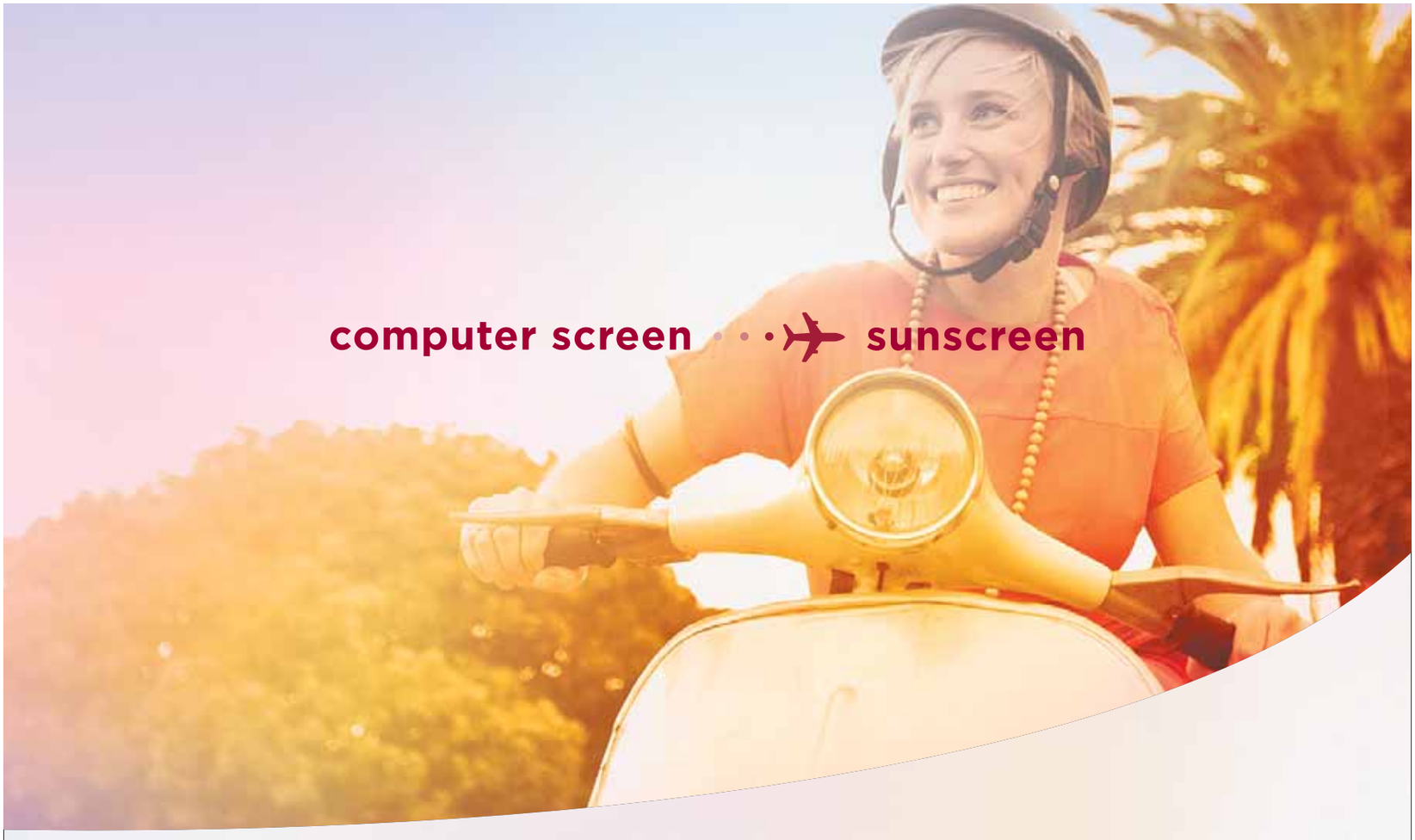

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The Chutzpah! Festival kicks off with dance, theatre and comedy

Art. Exclamations are needed to describe what's in store at the 15th annual multi-venue celebration of the arts

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

"Awe-inspiring dance! Insightful theatre! First-rate hilarious comedy!"

Exclamations are mine, but those are just a few of the promises made by the organizers of the 15th annual Chutzpah! Festival (exclamation theirs), which kicks off Thursday night and runs until March 15 at various venues across Vancouver.

First that awe-inspiring dance: In its first North American appearance, Israel's internationally acclaimed dance company Maria Kong performs BACKSTAGE, a multimedia discipline show that features dance, a live rock band, theatre, video and interactive video technology.

There's also the festival's multi-year resident international dance company BODYTRAFFIC, which will bring its 10 dancers and four Canadian premieres by renowned choreographers Victor Quijada, Kyle Abraham, Joshua L. Peugh and Richard Siegal.

Next, that insightful theatre: Israel's Ethiopian-fused reggae band Zvuloon Dub System performs, with Brooklyn-based psych-rock-fused R&B band Twin Wave, France's Les Yeux Noirs, Israel's Ester Rada and many more.

Last, but certainly not least, that first-rate comedy: Wendy Hammers performs her new one-woman show, RIPE; You're Funny, But You Don't Look Jewish, performed by comics Samson Koletkar, Mike Capozzola and Joseph Nguyen; and Kafka and Son, adapted from Franz Kafka's Letter to His Father by Mark Cassidy and Alon Nashman.

Single tickets for Chutzpah! range from $20 to $36. To see the full festival lineup, visit ChutzpahFestival.com.

Winterruption Festival

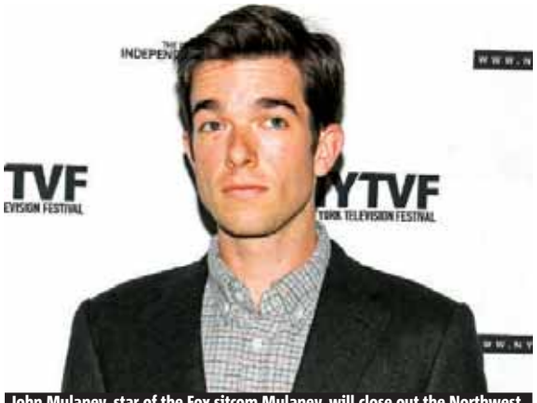
Here are three ways to cure the winter blues: music, art and food. You can even enjoy all of them at once, if you like, down at Granville Island this weekend. It's the 10th annual Winterruption Festival (Feb. 20-22). The Ballantynes perform with special guests Miss Quincy and the Showdown and Willa. Celso Machado, Joel Harrison, Waxwing — the list goes on and on. Visit CoastalJazz.ca for more information.

FlyOver Canada

To celebrate Chinese New Year, FlyOver Canada brings back Flight of the Dragon (until March 5) at Canada Place. Adults: $19.95 ($18.95 online); seniors/youth: $17.95 ($17.05 online); kids: $14.95 ($14.19 online). For more information, visit FlyOverCanada.com.

Dance company BODYTRAFFIC plays the Norman and Annette Rothstein Theatre March 5-8 as part of the 15th annual Chutzpah! Festival. CONTRIBUTED

End your week with a laugh at Northwest Comedy Fest



John Mulaney, star of the Fox sitcom Mulaney, will close out the Northwest Comedy Fest on Feb. 22. LAURA CAVANAUGH/GETTY IMAGES

Organizers of Northwest Comedy Fest hope to go out with a bang this weekend, as they wrap up the second annual event at various comedy clubs across Vancouver.

"We had a great turnout last weekend with some sold-out shows, so we're super excited about what's left to come," said Heather Wallace, the festival's director. "We have someone for everyone, including some hidden gems."

And the lineup so far hasn't disappointed.

Frequent guest and correspondent on David Letterman, Andy Kindler, put on a two-night performance at The Comedy Mix on Burrard Street.

Meanwhile, former Late Late Show host Craig Ferguson brought his Hot and Grumpy: Walking the Earth tour to the Centre in Vancouver for Performing Arts on Wednesday.

Closing out the festival Feb. 22 will be John Mulaney, writer and star of the Fox sitcom Mulaney. The series, which premiered last October, pokes fun at his life as a standup comedian. If the name doesn't ring a bell, you may also recognize him from Saturday Night Live as the co-creator of Stefon, the flamboyant city correspondent for Weekend Update.

"This will be John's first performance in Vancouver and he's one of the biggest up-and-coming names in comedy," Wallace said.

A new relationship with Just for Laughs is what's being credited for the killer lineup.

"I reached out to them in the summer and we ended up collaborating on bookings," Wallace said. "It's somewhat of a small, but big community."

Another component of this year's fest out west is a partnership with the Vancouver International Film Festival. The idea is to bridge the worlds of comedy and Hollywood, with a movie screening after the joke-telling.

Wallace said after a lot of brainstorming, her team decided to screen the 1987 classic Good Morning, Vietnam, as a tribute to the late Robin Williams.

"We also had a panel discussion about mental health, where the audience participated and asked questions. This is something I hope to grow in the future," Wallace said.

Part of the proceeds from the Feb. 13 show were donated to Coast Mental Health.

TEREZA VERENCA/METRO

Vancouver listings

Breathe in the mountain air

Whether or not you're a movie buff, this year's Vancouver International Mountain Film Festival has something for everyone. See what it takes to ice climb at Helmcken Falls or paraglide across the Rocky Mountains with some of Canada's finest mountaineers. Lots of music, food and door prizes.

Where? The Cinematheque (1131 Howe St.), the Centennial Theatre (2300 Lonsdale Ave.) and the Rio Theatre (1660 East Broadway). For the festival's full schedule, visit www.vimff.org or call 604-984-4484. Viewings wrap up Feb. 21.

Beam me up, sexy

The WISE Hall in Vancouver is hosting an evening of nerdy burlesque acts, Trekkie poetry and musical treats — the most fun you can have this side of the Bajoran wormhole.

The show, now in its third year, stars Seattle's Nearly Naked Nerd herself, Scarlett O'Hairdye.

Doors for the Feb. 20 event open at 8 p.m., with curtain at 9 p.m.

Tickets are available from Brown Paper Tickets (beammeupsexy.bpt.me) and are $15 in advance or $20 at the door.

Oscars at the Morrissey

Watch Sunday's 87th Academy Awards at Morrissey Pub on Granville Street. The gala supports the Vancouver Orphan Kitten Rescue Association and the Decoda Literacy Foundation.

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Rio4 SX with Navigation shown[‡]
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Forte SX shown[‡]
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Optima SX Turbo shown[‡]
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2015 SORENTO LX AT

Sorento SX AT AWD 7-Seat shown[‡]
HWY / CITY 100KM^ : 9.0L/12.7L

from **$39** weekly for 50 payments | **0%** financing for up to 84 months | **$0** down payment[Δ]

$39 weekly payment includes $2,000 Half Price Payments Credit. Payments based on 2015 Sorento LX AT (SR75BF) 84-month financing with a purchase price of $28,782. After 50 weekly payments at $39, weekly payments increase to $79[Δ]. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§]

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Police urged to consider risks of body-worn cameras

The country's federal and provincial privacy watchdogs are urging police departments to ponder the risks to privacy before they start equipping officers with body-worn cameras.

The federal privacy commissioner and privacy and personal information protection officials across the country have produced a guidance document on the subject.

The document says police should consider whether the expected benefits from the use of such cameras outweigh the impact on privacy and personal information.

It suggests that police assess the overall risks to privacy and consider using pilot projects before embracing the widespread use of such cameras.

Police should also make sure that people are informed when a camera program is introduced. The guidelines also say people should be told when police are recording encounters. THE CANADIAN PRESS

Concerns

There are a number of other concerns addressed by the watchdogs. They say recordings should be safeguarded with measures such as encryption, restricted access and strict retention periods.

Crime

Luka Magnotta abandons appeal

Luka Rocco Magnotta abandoned the appeal of his first-degree murder conviction in the slaying of Jun Lin Wednesday, setting the stage for an eventual meeting between the killer and the victim's devastated father.

Quebec Court of Appeal Judge Genevieve Marcotte asked Magnotta if he was abandoning his appeal voluntarily. Magnotta replied he'd made up his mind. A lawyer representing Lin's family said Lin's father is now willing to meet with Magnotta to learn more about what happened. THE CANADIAN PRESS

Mulcair vows NDP will fight anti-terrorism bill

Politics. Parties debate Harper government's proposed Bill C-51

Tom Mulcair cast his New Democratic Party as more courageous and principled than the Liberals as he came out four-square Wednesday against the Harper government's proposed anti-terrorism bill.

The NDP leader's announcement underscored the degree to which the controversial Bill C-51 has become a political football in an election year.

Prime Minister Stephen Harper has played on popular support for cracking down on extremists following the murder of two Canadian soldiers last fall, portraying opponents of the bill as soft on terrorism.

Hoping to inoculate himself from that charge, Justin Trudeau has said Liberal MPs will support the bill even if they fail to win amendments to ensure parliamentary oversight.

NDP Leader Tom Mulcair during Question Period in the House of Commons Wednesday in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

Meanwhile, Mulcair labelled Trudeau's stance on the bill "pathetic" and urged the Liberals to reconsider.

"Mr. Harper and the Conservatives have intimidated the Liberals into supporting this deeply flawed legislation. We in the NDP are going to fight it."

NDP strategists are hoping Mulcair's opposition will help lure back progressive voters who have drifted from the NDP since the last election and toward the Liberals.

Mulcair likened his party's stand to former leader Tommy Douglas' courageous opposition to the War Measures Act, invoked by Trudeau's father Pierre, the Liberal prime minister during the October 1970 FLQ crisis.

Trudeau, however, countered by chiding Mulcair for making "personal attacks" on an issue that should be debated "in a respectful and non-partisan fashion."

But he then took his own shot at the NDP.

"The fact is the NDP has not once in its history supported strengthening anti-terror measures in this country," Trudeau said.

Harper echoed that charge in the House of Commons as he dismissed Mulcair's contention that the bill would allow security services to treat those involved in legitimate protest and dissent as would-be terrorists. THE CANADIAN PRESS

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United States

Terrorists 'pervert' Islam: Obama

Muslims in the U.S. and around the world have a responsibility to fight a misconception that terrorist groups like ISIL speak for them, President Barack Obama said Wednesday in his most direct remarks yet about any link between Islam and terrorism.

For weeks, the White House has sidestepped the question of whether deadly terror attacks in Paris and other Western cities amount to "Islamic extremism," wary of offending a major world religion or lending credibility to the "war on terror" that his predecessor waged.

"We are not at war with Islam," Obama said. "We are at war with people who have perverted Islam."

THE ASSOCIATED PRESS

Ukraine rail hub falls

Debaltseve. Giving up the town could remove the major impediment to a lasting ceasefire

Government soldiers pulled out of a ferociously contested railway hub in eastern Ukraine Wednesday, ending a siege so intense the retreating troops said they couldn't get water or food amid relentless shelling by Russian-backed separatists. At least six soldiers were killed in the withdrawal and more than 100 wounded.

President Petro Poroshenko sought to portray the fall of Debaltseve in a positive light, saying the pullback was carried out "in a planned and organized manner," despite assertions by exhausted and dirt-caked soldiers, some of whom made their way out on foot, that their forces suffered heavy losses.

No matter the circumstances, the retreat appeared to be an acceptance by the Ukrainian leader of a humiliating defeat in exchange for a chance at pushing a shaky truce agreement forward and securing the pullback of heavy weapons.

The loss of Debaltseve was a serious setback for the army. The town is a strategic railroad junction that lies on the most direct route between the separatist east's two major cities, Donetsk and Luhansk. By taking control of it, rebels gain significant transportation connections to boost their regions' capacity to function as a unified entity.

Its strategic importance kept the battle raging even after a ceasefire between Ukrainian forces and the Russia-backed rebels went into effect Sunday and appeared to be mostly holding elsewhere after fighting that has killed more than 5,600 people since April. THE ASSOCIATED PRESS

While U.S. debates vaccines, Pakistan seeks to wipe out polio

A health worker gives the polio vaccine to a child at a bus terminal in Rawalpindi, Pakistan, on Monday. While vaccine distrust has sparked debates amid a measles outbreak in the United States, Pakistan is in a deadly battle to wipe out polio. Long eradicated in the West, polio remains endemic in Pakistan after the Taliban banned vaccinations, a problem compounded by targeted attacks on medical staffers and suspicions that linger about the inoculations. B.K. BANGASH/THE ASSOCIATED PRESS

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I Celebrate Diversity Day of Pink

A message from the Surrey Teachers' Association

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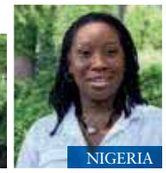
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Retirement. About 60% of Canadians expect to work past 65, poll suggests

A new poll has found there are more Canadians who expect to be working past age 65 than those who expect to be retired.

The annual Sun Life poll showed 60 per cent of respondents anticipated they would be working either full- or part-time when they reach 65.

Sun Life Financial says it's the first time in seven years that the number of Canadians polled who expect to still be working full-time past the normal retirement age (32 per cent) has surpassed the number of those who expect to be retired (27 per cent).

The survey showed 27 per cent of respondents expected to be working part-time, 12 per cent did not know whether they would still be working and one per cent did not expect to be alive at 65.

The top reasons given by those polled as to why they would still be working were: paying for basic living expenses (21 per cent), and a lack of confidence in adequate government benefits (18 per cent).

The Sun Life poll was conducted online by Ipsos Reid with a sample of 3,000 working Canadians between 30 to 65 years old from Dec. 5 to 22.

THE CANADIAN PRESS

Market Minute

DOLLAR
80.53¢
(-0.28¢)

TSX
15,212.75 (-71.86)

OIL
$52.14 US (-$1.39)

GOLD
$1,200.20 US (-$8.40)

Natural gas: $2.831 (+0.07¢)
Dow Jones: 18,029.85 (-17.73)

App helping self-employed workers find office space

Business. Already running in Ottawa and Montreal, Breather will launch soon in Toronto

Sarah Lazar, a self-employed graphic designer, can't afford to rent a work space on a permanent basis. But the 26-year-old Montreal resident needs somewhere to meet regularly with clients; her last attempt at holding a business meeting in a coffee shop proved frustrating.

Breather, a mobile app that allows users to rent private work space by the hour, hopes to capitalize on the steady movement of people into the ranks of the self-employed and those working at home.

The service is available in Montreal, Ottawa, San Francisco and New York and will soon be launching in Toronto. So far, the site has about 50 locations and expects to have 200 spaces listed by July.

Sarah Lazar, a freelance graphic designer, is seen in her rented office space in Montreal on Feb. 9. Lazar uses the App for her design firm, Cow Goes Moo.
RYAN REMIORZ/THE CANADIAN PRESS

While the concept has started to gain steam in the U.S., Breather is one of the only apps to rent professional work space by the hour in Canada.

With Breather, users can rent a small work space, for rates ranging from $15 to $40 per hour depending on the city, the space and the time of day. The office spaces are furnished and equipped with Wi-Fi.

A temporary code to unlock the office door is sent to the user's phone, about 15 minutes before the reservation time.

"I think of the phone as the key for everything," says Julien Smith, one of the company's two co-founders. "Some people call it the remote control for your life."

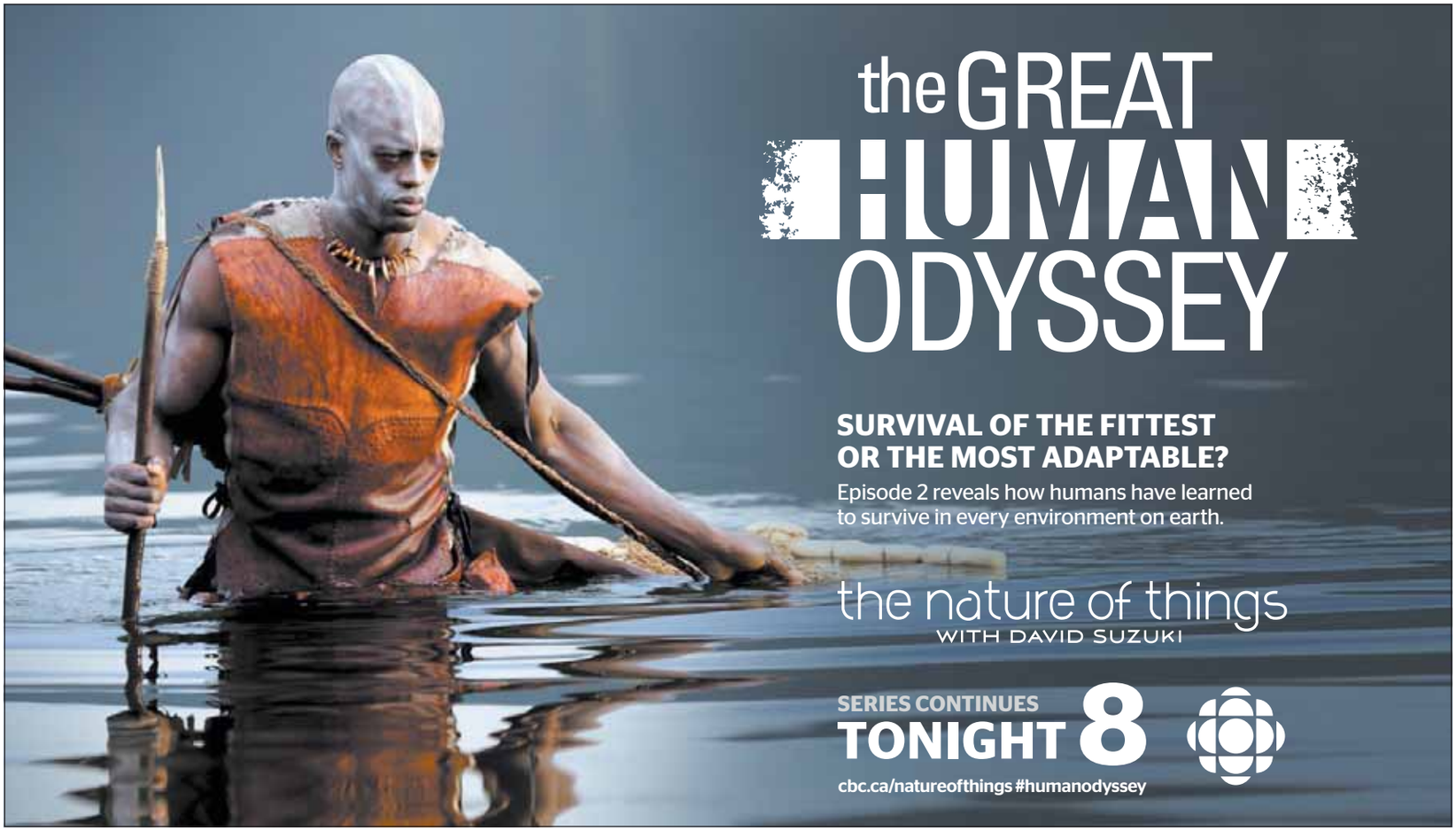
However, it remains to be seen how sustainable the concept will be over the long term, and finding vacant space in red-hot real estate markets has been a challenge.

"At the very beginning, it was very hard to get space," says Smith. "Now it's turning around. People are offering us a lot of space and we're able to be really selective about what we accept." THE CANADIAN PRESS

Quoted

"At the very beginning it was very hard to get space. Now it's turning around."

Julien Smith, co-founder of Breather



VOICES

SEXING UP THE ELECTRIC CAR

Electric cars need to hit the sweet spot of affordability and attractiveness, and Apple has the know-how to do that, as it has proven with the iPod

STEPHANIE ORFORD
readers@metronews.ca

MP3 players weren't much to look at in 2001. Ugly and not intuitive to use, they didn't make a style statement and not many people used them. Then came the iPod. The ads alone were enticing — the black silhouettes holding white iPods and earbuds, jamming in bus shelters, subway platforms and across major thoroughfares around the world. By making the iPod beautiful and usable, Apple's now iconic designer Jonathan Ive made digital music players a thing.

That's what needs to happen to the electric car.

According to news in the Wall Street Journal, Business Insider and other publications this past week, Apple has undertaken a major project to develop one and is apparently recruiting auto industry professionals in hordes. Images have been circulating online, of test vehicles kitted out with sensors and cameras.

Although electric cars have been slow to be adopted in Canada, sales have been steadily increasing over the past year, but nowhere near the levels they need to be if Canada wants to cut its greenhouse gas emissions significantly. An Apple electric car could be the tipping point we're looking for — the product that would make environmentally friendly vehicles cool.

People need to see how a new technology will benefit them before they adopt it. The largest group of people who bought electric cars in 2013 were 45-to-54-year-olds, according to recent research by Green Car Reports. But now that electric car prices are falling, millennials are starting to be able to afford them — and their tastes matter, too. For millennials, form, function and environmental sustainability are equally important.

An Apple electric car could be just the tipping point needed to make fossil-fuel-burning vehicles obsolete. ISTOCK

Electric cars have environmental sustainability in the bag but, unfortunately, there's not an electric car today that quite hits the sweet spot of affordability and attractiveness. The one great-looking electric car, the luxury Tesla Model S, has a base price that's higher than the down payment on your average condo.

The relatively affordable electric cars currently available are odd-looking and don't have mass appeal. The frog-eyed Nissan LEAF and the giant dustbuster Mitsubishi i-MiEV might work as niche-market products, like Smart Cars do. But will they get a generation buying electric? No.

Car buyers are looking for design that's a step ahead, not a lightyear. Studies have shown that radically new and different products turn off consumers — RIP Crystal Pepsi and good luck to you, Google Glass. People tend to prefer new products that are easy to adopt and have design elements that are familiar. They don't like too much change too fast.

Beautiful and usable

By making the iPod beautiful and usable, Apple's now iconic designer Jonathan Ive made digital music players a thing. That's what needs to happen to the electric car.

The electric vehicle industry needs a game-changer. An accessible, desirable product that will get everyone wanting to buy a whole new class of thing they never wanted before.

In 2001, your Discman seemed just fine next to the MP3 players of the day, but when you compared it to the iPod, you suddenly saw it as a relic of a bygone era.

There needs to be an electric car just as magnetic, to make fossil-fuel-burning vehicles obsolete.

Stephanie Orford is a writer based in Vancouver.

Women face double standard in justice system

STEPHANIE TAYLOR
Metro in Halifax

Two people in Halifax are accused of plotting to commit the same gruesome crime. Their guilt has yet to be determined by the justice system but, in the court of public opinion, judgment has already been cast on the suspects. One is being described as immoral and reprehensible. The other simply as a loner. The only difference between the two is that one is a woman and one is a man.

This is not an uncommon scenario, according to Kim Pate, executive director of the Canadian Association of Elizabeth Fry Societies, which advocates for women in the justice system.

"The expectation is that women are not supposed to be violent," she said. "If a woman commits a violent act, she is often seen as more morally blameworthy than a man would be in the same situation."

This perception, says Pate, is rooted in the way girls are socialized to be nurturers.

That may be a possible explanation for why readers are calling 23-year-old Lindsay Kanittha Souvannarath a "disgusting pig" who looks like "a $5 hooker," while her 20-year-old co-accused, Randall Steven Shepherd, is simply cast as deranged loner for allegedly plotting to shoot up a Halifax mall on Valentine's Day.

The reality is that most people expect criminals to be men, and when that's not the case, we're often thrown a bit off, said Catherine Latimer, from the John Howard Society of Canada.

"When you think in your own mind and visualize who's likely to be a terrorist or a criminal, you tend to think male," Latimer said.

That stereotype is based in some fact, according to a 2011 Statistics Canada report that found women mainly enter the criminal-justice system as victims, not perpetrators.

Using data from 2009, the report approximates that 233,000 females (both youth and adult) committed a Criminal Code offence, compared to more than 700,000 men.

Lindsay Kanittha Souvannarath

Randall Steven Shepherd

Welfare fraud, shoplifting, drug and solicitation charges — what Latimer calls "survival-based crimes" — are those most commonly committed by women, especially among those who are disenfranchised. Murder, meanwhile, continues to be a predominantly male crime.

As a reporter, I can attest that when a woman is a suspect of violent crime it warrants a higher level of newsworthiness than a man, simply for the public interest. Think of the responses to Victoria Henneberry — the woman charged with the first-degree murder of Loretta Saunders — who was met with venomous personal attacks compared to those against her boyfriend, Blake Legette, whose criminality seemed expected.

That double standard can play a destructive role to women in the justice system, warns Pate. Female offenders are often subject to harsher treatment throughout the judicial process — from police officers, Crown prosecutors, correctional officers, judges and even their own defence attorneys. Statistically, women are also handed longer sentences than men convicted of the same crime.

So what does this mean for the 23-year-old American woman accused of boarding a plane to carry out a mass shooting in Halifax?

That justice may be blind, but let's hope it's not sexist.

Stephanie Taylor is a Metro reporter based in Halifax.

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For the kids

Pharrell Williams GETTY IMAGES

Pharrell wants to make kids Happy with new book

Pharrell Williams has a Happy book deal.

The Grammy Award-winning performer has an agreement with Putnam Books for Young Readers for four picture books, starting with one inspired by his hit song. Putnam announced Tuesday that the book, Happy, will be published Sept. 22 and will feature photographs of children from around the world "celebrating what it means to be happy."

THE ASSOCIATED PRESS

New Dr. Seuss tale to be released

More than 20 years after his death, there is still plenty of news about Dr. Seuss.

Random House Children's Books said Wednesday it will publish a recently discovered manuscript with illustrations called What Pet Should I Get, on July 28. The publisher plans at least two more books, based on materials found in 2013 in the author's home in La Jolla, California, by his widow and secretary.

The author, whose real name was Theodor Geisel, died in 1991.

THE ASSOCIATED PRESS

His pretty little pictures now published in a book

Photography. Actor Keegan Allen looks at life behind the lens with his new work

Keegan Allen spends much of his life on camera on the ABC Family series Pretty Little Liars, but he spends his free time behind the lens, taking photos.

His love of photography was born at age 10, when his father (the late actor Phillip R. Allen) let him borrow a Leica M6, a range finder camera. "I was very introverted and that was my way of sharing my life with people ... I wanted people to relate to the images that impacted me," Allen, 25, says.

His new photography book, life.love.beauty, was recently published by St. Martin's Press.

Here Allen talks about photography and the identity of the mysterious character known as "A" on Pretty Little Liars.

Film vs. digital

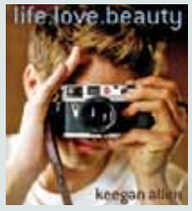
I feel like something has been lost with digital (photography). There was something about shooting film that was romantic with time spent waiting to see what the image was. It was a lot more thoughtful. There was a process to it.

He's still learning

I don't consider myself in any way, shape or form a professional photographer. It's a hobby that I love and I'll continue to do it for the rest of my life and try to get as happy with the result as possible.

Allen on selfies

"I don't have a problem with selfies. I don't think anybody should have a problem with new things. ... It's just another form of expression and every form should be celebrated."



Lighting Matters

It's all about practice and understanding light. Lighting is 90 per cent of photography. If you don't have light, you don't have photography. Also, I think it's important when I see people clicking away if you want a photo that speaks to others, have it speak to you. Make sure you know why you're keeping a photo or an image. It will change the way you look at the world.

He knows the identity of killer 'A' on Pretty Little Liars

It's shocking, it's stunning, it's exhilarating, it's tremendous ... If you really go back to Season 1 and watch it all the way ... and you really pay attention, you will know and understand who it is from the clues that they place there ... It's a really amazing fable of four girls being traumatized by this character and (it's) pretty heartbreaking and gut-wrenching when you really find out.

THE ASSOCIATED PRESS

Keegan Allen has been taking pictures since he was 10 years old.
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Awkward Black Girl jumps between mediums with grace

Memoir. Issa Rae, the force behind a massively successful web series, has an HBO deal and a new book on her teen years

EMILY LAURENCE
Metro in New York City

Twenty-six-year-old Issa Rae first found her voice with her Awkward Black Girl web series, which has hundreds of thousands of YouTube subscribers. Since then, she's launched her own initiative called Color Creative, producing pilots for women and minority writers, has a talk show on the Aspire network and is producing an HBO show with Larry Wilmore called Insecure. Somehow, she found time to write a collection of essays about being a teen, The Misadventures of Awkward Black Girl. We called up Rae to get her to dish even more.

You have no shortage of projects to keep you busy. Why a book?
I've always wanted to write a book, ever since I was a little girl. (Originally), I set out to write a fiction book, but I was having a conversation with my editor and she was like, "Why don't you just write it about yourself? You're an awkward person, so what experiences made you awkward?"

How do you get to a mindset where you're unafraid to put it all out there?
Initially, it felt like writing in a journal, like it was just for me. Writing is a really intimate process because you're by yourself, so it just felt like me unloading on a page. It wasn't until I turned it in and my editor gave me the manuscript that I was like, "Oh s—, people are going to read this!"

Who was the first person you let read it?
My younger sister was the first person to read it in its entirety. I sent it to her being like, "I'm having anxiety issues about all that I revealed. Can you please read it and let me know if it's too TMI?" So she read it and was like, "You should let dad read it." I said, "Now there's a thought."

Uh-oh.
Right. But I did and it forced us to talk about some things that I never had talked to him about before. He was completely supportive. He told me, "You come from the social media generation where you guys put it all out there and you signed up to write this book." That said, he also told me my family did not sign up for it and I should be mindful of that. So I did go back and censor it a bit.

Quoted

"It wasn't until I turned it in and my editor gave me the manuscript that I was like, 'Oh s—, people are going to read this!'"
Issa Rae, a.k.a. Awkward Black Girl

The book is all about the awkward experiences you had when you were a teen. What do you wish you could tell your 15-year-old self?
That it gets better and not to try so hard. I just tried so hard. I know that's the universal story of being a teen, but it still makes me cringe.

How does being an awkward teen compare with being an awkward 20-something?
Being awkward as a teen is more forgivable, but if you're awkward as a 20-something people are more like, come on now. Even thinking about the conversations I have with my friends, when we talk about a guy being awkward with a girl, we're just like, "Get it together!"

Your Awkward Black Girl web series has been massively successful, and now you're developing a show with HBO, which is a totally different beast. What has been the biggest challenge?
With the Internet, I have so much autonomy over my own creations. I write it, produce it, and then it's online where people can watch it, and then I know whether or not people like it within five minutes. With TV, it's a process. I just want people to see it. I'm so impatient.

Issa Rae KAT CONTRERAS

Awards. Klein, Levant up for $20K prize

Acclaimed writer Naomi Klein and former Sun News Network host Ezra Levant are competing for this year's $20,000 National Business Book Award.

Klein made the prize's long list for This Changes Everything: Capitalism vs. the Climate (Knopf Canada), which is also a finalist for the $25,000 Shaughnessy Cohen Prize for Political Writing.

Levant, winner of the 2011 National Business Book Award, made the cut this time for Groundswell: The Case for Fracking (Signal).

Other finalists include Peter Foster for Why We Bite the Invisible Hand: The Psychology of Anti-Capitalism (Pleasaunce Press) and Alfred Hermida for Tell Everyone (Doubleday Canada).

The long list is rounded out by Gordon Pitts for Fire in the Belly: How Purdy Crawford Rescued Canada and Changed the Way We do Business (Nimbus Publishing); Jacques Poitras for Irving vs. Irving (Viking Canada); and Clive Veroni for Spin: How Politics has the Power to Turn Marketing on its Head (House of Anansi Press).

The winner will be announced on April 16.

This year's jury is chaired by CBC anchor Peter Mansbridge and also includes William Dimma, Deirdre McMurdy, David Denison, Anna Porter and Pamela Wallin.
THE CANADIAN PRES

Naomi Klein THE CANADIAN PRESS FILE

Ebooks

Digital imprint will focus on Warhol's Factory

Andy Warhol's Factory is going digital. Open Road Integrated Media has launched Factory Books, a line of ebooks about Warhol and the artists and bohemians he worked with starting in the 1960s. Titles include Stephen Koch's Stargazer: The Life, World and Films of Andy Warhol, Ultra Violet's Famous for 15 Minutes: My Years With Andy Warhol and Candy Darling's Candy Darling: Memoirs of an Andy Warhol Superstar.
THE ASSOCIATED PRESS

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SHE'S COME *undone*

Straight from backstage at New York Fashion Week, TRESemmé translates this spring's hottest and casually cool hair trends into street-style-friendly looks (expect your Instagram feed to flood with tousled, wispy and low-maintenance manes).

On the fashion front lines at Mercedes-Benz Fashion Week in New York, TRESemmé teamed up with veteran designers like Narciso Rodriguez and Rebecca Taylor to create the coolest tresses for spring/summer 2015. TRESemmé was behind the scenes, translating runway style to ready-to-wear looks.

The Low-Rider Loop

AS SEEN AT: Rebecca Taylor

THE INSPIRATION: Shakespeare's *A Midsummer Night's Dream* meets 1970s boho chic.

THE STYLE SCOOP: This versatile ponytail-meets-bun style suits either thick or fine hair and can be worn dry or wet (for those days you have to dash out the door).

WHERE TO WEAR IT: From office appropriate to patio perfect, this style makes the day-to-night transition effortless.

HOW TO:

STEP 1: Use hands to create a low, uneven side part.

STEP 2: Gather hair low at the nape of the neck, tie with an elastic, and loop hair through so that ends are tucked up.

STEP 3: Let soft wisps frame the face for an undone feel.

STEP 4: Finish with **TRES Two® Extra Hold Hair Spray** to keep your look in place.

The Fly-Away Knot

AS SEEN AT: 3.1 Phillip Lim

THE INSPIRATION: Cool and creative 1990s fashion photography, with a punk edge.

THE STYLE SCOOP: Replace your prim and polished ballerina topknot with a disheveled chignon just below the crown. Ends should stick out and hairline should be fuzzy – the sexy bedhead of updos.

WHERE TO WEAR IT: This is the perfect casual weekend look – think brunch with your girlfriends.

HOW TO:

STEP 1: Prep the hair with **TRESemmé Climate Control Mousse** around the hairline to add volume and give it hold. Blow dry, pushing back to get lift.

STEP 2: Take thin sections of the hairline and tease to create that disheveled look

STEP 3: Pull the hair into a ponytail at the crown of the head, divide the lengths into two sections and then knot, two or three times depending on the length of the hair.

STEP 4: Secure with pins and leave the ends to stick out for a wind-blown look.

STEP 5: Keep this look in place with **TRESemmé Climate Control Finishing Spray.**

The Undone, Braided Wave

AS SEEN AT: Narciso Rodriguez

THE INSPIRATION: Young and liberated ladies – think Alexa Chung if she let her hair grow out.

THE STYLE SCOOP: It's all about touchable texture for this rumpled, wavy look.

WHERE TO WEAR IT: The night out when dancing is mandatory.

HOW TO:

STEP 1: Start with freshly washed and dried hair. Using a spray bottle, wet hair down from mid-length to ends and distribute **TRESemmé Thermal Creations® Volumizing Mousse** evenly throughout wet hair.

STEP 2: Divide hair into two or three loose braids and rough dry with a hairdryer.

STEP 3: Undo braids and retouch ends using a medium to large curling iron to define the waves' shape.

STEP 4: Finish the look with **TRES Two® Extra Hold Hair Spray** for flexible hold.

THE UPCOMING AUTUMN/WINTER 2015 SEASON

Although most of us are dreaming of warmer seasons ahead, this week TRESemmé partnered with the hottest designers at New York's Mercedes-Benz Fashion Week to create trend-setting looks for autumn/winter. After kicking off the week with BCBG (right), TRESemmé was backstage at Misha Nonoo, Hervé Léger, Diane Von Furstenberg and Carolina Herrera.

The Ponytail Tuck

AS SEEN AT: BCBG Max Azria

THE INSPIRATION: The globe-trotting girl

THE STYLE SCOOP: Even if you're not brave enough for the cut of the moment (a choppy bob) this ponytail lets you fake it. Gathered low and loose at the nape of the neck, hair is fastened into a ponytail and then tucked away seamlessly so the clothes are front and centre. It shouldn't be tight — hair should be a bit wild and loose, able to move with the neckline of knits and outerwear.

WHERE TO WEAR IT: An outdoor date. Hair will look cool tucked away and it won't get windswept or tangled.

HOW TO:

STEP 1: Start by washing your hair using **TRESemmé Perfectly (un)Done Waves™ Shampoo and Conditioner** and towel dry.

STEP 2: Spritz **TRESemmé Perfectly (un)Done Waves Sea Salt Spray** from root to tip. Rough-dry hair with a blow dryer and scrunch with your fingers. Focus on building volume at the roots.

STEP 3: Pull hair into a low pony and secure with a thin elastic. Pull out small pieces of hair around the hairline to frame your face.

STEP 4: Finish the look by spraying **TRESemmé Perfectly (un)Done Waves Ultra-Brushable Hairspray** for flexible hold. Tuck the pony under your collar.

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Rick Salomon and Pamela Anderson ALL PHOTOS GETTY IMAGES

Pam's divorce is tough on the Rottweiler

It's barely been a week since Pamela Anderson filed for divorce from husband Rick Salomon, and already tensions are escalating. The former Baywatch star is reportedly ordering him to remove his two daughters, ages 16 and 18, from her Malibu home immediately. She also wants his Rottweiler, Bumblebee, removed from the premises — so you know she means business. Salomon, who is currently working in Las Vegas, reportedly "begged Pam to give him a week or two until they could find a new place," but Anderson isn't budging. This is the second time Anderson has filed to end her marriage to Salomon, and they were also briefly married in 2007 before Anderson had it annulled. Maybe this time it will stick? I just hope Bumblebee's OK.

Anti-vaxxers don't get to hold Kristen's baby

The backlash against parents opposed to vaccinating their kids has a new celebrity face: House of Lies and Veronica Mars star Kristen Bell, who has two infant daughters at home. "When Lincoln was born (two years ago), the whooping cough epidemic was growing, and before she was two months old, we simply said, 'You have to get a whooping cough vaccination if you are going to hold our baby,'" Bell tells the Hollywood Reporter. And she and husband Dax Shepard aren't loosening those precautions a bit with newborn Delta. "It's a very simple logic," she explains. "I believe in trusting doctors, not know-it-alls."

Kristen Bell

Buffy star busted again

You may recall Nicholas Brendon played Xander, circa early 2000s. He looks grown-up now, but the actor's allegedly been acting like a rowdy teen.

Oh, Xander. Oh, no. Former Buffy the Vampire Slayer star Nicholas Brendon has had his second run-in with the law in less than six months after being arrested in Ft.. Lauderdale, Fla. for grand theft and criminal mischief, according to TMZ. Brendon, who was in town to attend the Shock Pop Comicon fan event, allegedly trashed his hotel room and skipped out on the bill, leaving behind a $380 food and beverage tab plus $450 in damages. "While attending Shock Pop Comicon in Ft. Lauderdale, Florida, Nicholas was placed into a deplorable situation involving his professional arrangements and chose to react in an adverse manner. This reaction led to his arrest on Monday," a rep for the actor tells E! News.

Tom's got a thing for aliens

Tom DeLonge

When he's not fighting with his Blink-182 bandmates, Tom DeLonge is busy searching for proof of extra-terrestrial life. And, he insists in an interview with Paper, he's found it. "If anybody tells you there's no life in the universe, you should be turned off. That's just such a dumb thing to say," he tells the magazine. "It's totally, universally accepted amongst the country's elite scientific establishments that there's life everywhere. The question is what kind, where, how'd they get here, what are they doing when they get here, and how do we communicate with them?"

Perry almost wasn't a Friend

Matthew Perry

Can you imagine Friends with someone other than Matthew Perry playing Chandler Bing? Well, it nearly happened, all because Perry's horrible business manager at the time told him he had no money and needed a gig badly. And before the script for Friends came along, he'd already signed up to star in a sitcom pilot called LAX 2194, about "baggage handlers at the L.A. airport in the year 2194," he recently revealed to Seth Meyers.

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TOP 3 LOOKS FROM NEW YORK

Fashion Week is about to wrap in New York City where frigid weather failed to stop a parade of bright colours, furs and sequins. Here are four must-have looks inspired '70s palettes, feminine silhouettes and new-age glam.

THE ASSOCIATED PRESS/METRO

Grace Kelly meets Chaka Khan

Zac Posen said he was looking to mix and match his muses for fall. He worked in stretch jersey, included more day looks and ran with a '70s vibe, like this bright orange top paired with a long loose skirt of a similar shade. "We wanted more fluidity on the runway. I was feeling the glamour of Grace Kelly meets the spice of Chaka Khan. I draped most of the collection myself, on weekends. In my quiet moments," the affable designer said.

Inspired by nature

The Mulleavey sisters of Rodarte turned to migrating birds for inspiration. "It just felt ... natural," Laura Mulleavy said. "We weren't thinking of anywhere specific, just birds migrating from one place to another. Maybe leaving the city and going to a place that's more pastoral." Elaborately sequined, beaded, feathered dresses like this one — are those birds, too? "It all was, in a weird way," Laura Mulleavy said.

Pretty in pastels

Yellow, a prominent colour in J Crew's winter collection, is anything but mellow here. Jenna Lyons, the label's creative director, said she wanted to add "sparkle" to the line, which on the clothes manifested itself in the form of sequins, furs and oversized tailoring.

Gold rush

Georgine Ratelband wants to blur the line between casual and formal; classic and modern. The Milan-trained but New York City-based designer achieves her goal with this look in Georgine's fall 2015 collection that includes a shimmery jacket with a vintage-y textured trim, paired here with a flowy orange skirt.

Profile. Canadian model is busy breaking the traditional runway mould

Chantelle Winnie is taking the fashion world by storm.

A young Canadian model, who loves an English breakfast of sausage, bacon and egg, is the It girl of diversity in a world pilloried for brutal uniformity.

Diagnosed with vitiligo at age four, the same skin disorder Michael Jackson had, she overcame bullying before being plucked from obscurity to appear on America's Next Top Model and, last year, was chosen as the face of Barcelona label Desigual.

While the 20-year-old has crossed dreams off her to-do lists, the biggie remains: gracing the cover of fashion bible American Vogue, whose steely editor in chief Anna Wintour she has not met. Yet.

Bubbly and prone to loud guffaws of laughter, Winnie projects a girly exterior that belies a cast-iron determination.

She has become a spokeswoman for vitiligo, which causes white patches to appear across the body and affects up to two million Americans.

"I could more label myself as even a spokeswoman for happiness!" she tells AFP in a New York hotel.

But it has not been an easy journey to the catwalk for Desigual at 2015 New York Fashion Week.

Winnie was rejected by every modelling agency in Toronto.

Like any self-respecting wannabe, she built a profile on social media where she was discovered by Tyra Banks

"You were already a star. I just gave you a platform to make sure people recognized that you were. Keep making me proud," she says, fishing out her cellphone to read a message from Banks.

"That really touched me," she adds.

She also doesn't dwell on bad things in the past and says her message to young girls is: "Focus on your opinion of yourself and not the opinion others have of you."

AFP

Chantelle Winnie walked in New York Fashion Week. AFP

When you're sick, getting enough rest is key to recovering quickly.

If coughing is keeping you up all night, reach for something hot and soothing. SHUTTERSTOCK IMAGES

A good night's sleep when you're sick

Bedtime. Steps to take to clear your sinuses

JACQUELINE KOVACS
For Metro

We all know that sleep is vital to health, but did you know it's doubly important to get that shut-eye when you're sick?

"Rest is your body's opportunity to recuperate," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital.

Problem is, if you're coughing and sniffling, sleep can be as elusive as a Leafs' winning streak. But the good news is there are some simple strategies to quiet your cough and stifle your sniffles. And it's as easy as one, two, three.

Loosen up

Drink something warm and soothing — chamomile tea with honey, for instance, will make you sleepy, help quiet your cough and, because it's a hot liquid, it can help loosen that mucus buildup in your upper respiratory tract. Real chicken soup is another great choice: Researchers at Mount Sinai Medical Center tested the effectiveness of chicken soup on 15 people with colds and it proved more effective than hot water in helping to clear out sinuses. What you want to avoid are any cold drinks around bedtime — that same study found sipping something chilly can increase congestion.

Direct relief

Looking for an effective, drug-free way to clear your nasal congestion? Rinse your nose with saline. Delivered via a spray bottle or a neti pot, a nasal saline rinse will safely wash the mucus from your nose, giving you relief from all that stuffiness.

Warm up

Before you go to bed, take a hot shower or bath. The warmth and humidity prompts your sinuses to drain and triggers the lining in your nasal passages to contract.

Prop up

When it comes to keeping those sinuses drained, gravity is your friend. Try placing a few books under your mattress at the head of your bed, rather than propping your head up with extra pillows, which may injure your neck. Then, stick on a nose strip — it's a safe, easy way to literally open up your nose, allowing you greater breathing space.

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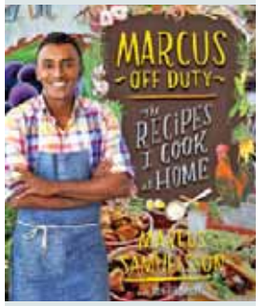
Cookbook of the Week

Global flavours



What does celebrity chef Marcus Samuelsson eat at home? Marcus Off Duty answers that question as the youngest chef ever to receive three stars from the New York Times shares the dishes he serves his loved ones. The recipes blend an array of flavours from his Ethiopian, Swedish, Mexican, Caribbean, Italian and Southern American travels. Recipes include Sweet Potato Gnocchi, Banh Mi Sandwich, Lamb Lasanga, Shredded Turkey Chili, Soha Chicken with Jollof Rice, and Sweet and Salty Mud Pie. METRO

Togetherness in an easy meal

Chinese New Year. Say, 'Gung Hei Fatt Choi!' with Poached Chicken with Ginger-Scallion Sauce

"One of my favorite things to do is to visit Chinatown during Chinese New Year," writes award-winning chef Marcus Samuelsson in his book Marcus Off Duty.

"The meals during this holiday are symbolic, with dishes designed to bring good luck and prosperity for the coming year.

"But you don't need to be super-educated about the traditions to enjoy them. This whole poached chicken symbolizes joy and togetherness of family."

Ingredients

- 1 (3 1/2-lb) chicken
- 1 red chile
- 2 garlic cloves, thinly sliced
- 3 tbsp sesame oil
- 6 tbsp peanut oil
- 3 scallions, cut into thin strips
- 1 (3-inch) piece ginger, peeled and minced
- 2 tbsp light soy sauce
- 1 tbsp dry sherry
- 2 tsp brown sugar
- 1 lemongrass stalk, pounded

Garnish

- 2 scallions, thinly sliced on the bias
- 1 cucumber, peeled, halved, seeded, and cut on the bias
- Fresh cilantro leaves
- 1 tsp sesame seeds

1. Put the chicken in a large stockpot and add just enough water to cover. Add the red chile and garlic. Bring to a boil, reduce the heat, and simmer for 20 minutes. Turn off the heat and let the chicken sit until the broth is lukewarm. Transfer the chicken to a carving board (reserve the broth for another use). Pat the chicken dry with paper towels and rub it lightly all over with the sesame oil. Cut the chicken into 8 serving pieces, arrange on a serving platter, and keep warm.

2. Heat the peanut oil in a small saucepan over high heat. When it shimmers, add the scallion strips. Sauté for 30 seconds, stirring constantly. Remove with a slotted spoon, drain on paper towels, and set aside for the garnish. Add the ginger to the pan and sauté for 30 seconds. Add the soy sauce, sherry, brown sugar, and lemongrass and bring to a boil. Remove the sauce from the heat and discard the lemongrass.

3. Garnish: Scatter the sliced scallions, cucumber, cilantro, and sesame seeds around the chicken. Top with the fried scallions and drizzle the sauce over all. Serve warm.

EXCERPTED FROM MARCUS OFF DUTY: THE RECIPES I COOK AT HOME 2014 BY MARCUS SAMUELSSON. REPRODUCED BY PERMISSION OF HOUGHTON MIFFLIN HARCOURT. ALL RIGHTS RESERVED.

This recipe serves four. PAUL BRISSMAN

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CHINESE NEW YEAR

Thursday, February 19, 2015

Passing traditions

Adelaide, left, and her sisters Naomi and Kitty are passing along Chinese New Year traditions to their children, Tammy, two, and Kaydence, three.

PEYMAN SOHEILI/FOR METRO

Celebrating good fortune. For this family, Chinese New Year is a blend of old and new

DONNA PARIS
For Metro

Adelaide Wan, her two sisters, Naomi and Kitty, and their families spend Chinese New Year's Eve together every year.

"We have a whole chicken, steamed fish and special dishes that we may see only on new year's," explains Wan, "like my mom's vegetable dish that she cooks with fermented tofu, which gives it a reddish colour." And that's not done by accident — red, symbolizing good fortune and joy, is a lucky colour.

Traditionally, Chinese New Year celebrations run from the last day of the last month on the Chinese calendar and end on the 15th day of the first month in the new year with the Lantern Festival, making it the longest festival in the Chinese calendar.

"Back in Hong Kong, it's a completely different atmosphere, like a party, and we would celebrate with all of our relatives," said Wan. "Everyone gets vacation time, it's more than a week of holidays, and it's really very festive — kind of like Christmas here."

But since immigrating to Canada, Wan and her family have modified their new year's plans. "We all work, so we can't celebrate for the whole week straight," said Adelaide.

Each region in China has its own traditions, but some rituals stay the same. Some, such as the red packets of "lucky" money, seem to be universal. Traditionally, elders in the family present the younger members with red envelopes containing money. Red, of course.

"The red packets — that was the best part when I was younger," said Wan's sister Naomi. And that's one tradition that she is passing on to her daughter, Kaydence, three.

"This year, I want to start telling her how important it is to get together to celebrate the lunar calendar, explain our traditions, and how money is a blessing," said Naomi.

Wan's other sister Kitty, who also has a daughter, two-year-old Tammy, agreed. "We give Tammy the red packets and when she gets them, she gets really excited — she doesn't even know what they are, really!"

Kitty also enjoys putting up banners in her home, bestowing wishes of good luck, health and prosperity.

"They're like Christmas decorations," she said. "They're always bright, printed on red paper and I buy the ones with cartoons on them for my daughter."

There's one more tradition that the Wan sisters embrace: Filling the house with fresh flowers. The Chinese New Year, also known as the Spring Festival because it is starting to warm up at this time of year in China, has so many Chinese families decorate their homes with fresh flowers and blossoms, and plants that bloom.

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Long-Life Fertility Noodles with Happy Shrimp is a standard recipe for Chinese New Year. COURTESY DONNA PARIS

Dishes that bring wealth, happiness and fertility

You are what you eat. Cuisine is reserved for this special time of year

DONNA PARIS
For Metro

If you're ever invited for a Chinese New Year's feast, prepare yourself for many dishes.

"Every region in China has their favourite dishes from their specific cuisine, but one thing is true across the board: it will be some of the best food they eat all year," said Andrew Chase, a former chef who has lived in Hong Kong and Shanghai, now the owner of Pine and Bamboo Ceramics in Toronto.

"There are a lot of courses to signify abundance — and the more you can eat, the better," said Chase. "People will save all year for this special meal, if they have meat only once a year, for instance, they will have it at new year's."

And everything means something, as the Chinese believe that everything you do on new year's will determine your luck for the year. Many of the foods eaten are to bring wealth, happiness and good fortune, while others are consumed because their names are homophones for words that also mean good things.

Egg rolls are nice, as they resemble gold bars. Dumplings are served because they resemble ingots or a purse, something in which money is kept. As well, these items have a further advantage, as there is no need to cut them: The Chinese don't like to use sharp objects like knives on new year's, which may slice through good luck or cut familial relations.

Long-Life Fertility Noodles with Happy Shrimp

Here's a dish that's perfect to cook at home for new year's, since it has a few auspicious ingredients that will cover all your bases: shrimp (the name, ha, sounds like the sound of laughter), long noodles (don't cut them or you will be cutting your life short) and pea pods and sesame seeds for fertility.

- 6 oz thin spaghetti noodles
- 7 oz shrimp, deveined
- 1 ½ tsp kosher or sea salt, divided
- ½ tsp cornstarch
- 1 tbsp cooking oil
- 1 tsp finely minced garlic
- 1/4 cup snow peas, sliced thin on diagonal
- 1/4 cup matchstick-cut carrots
- 1 ½ tsp soy sauce
- 1 tsp Chinese rice wine (or dry sherry)
- 1/4 tsp sesame oil
- 1 tbsp sesame seeds

Bring a stockpot of water to boil. Add 1 tsp of salt to water and cook thin spaghetti according to package directions; drain.

While pasta is cooking, place shrimp in a small bowl and add the remaining ½ teaspoon of salt and the cornstarch. Mix well and let sit for eight minutes. Rinse the shrimp well, washing off the salt and cornstarch. Pat very dry with paper towels.

In a wok or large skillet, heat cooking oil on high until a bead of water sizzles and evaporates upon contact. Add the shrimp and fry until halfway cooked through, about one minute on each side. Dish out the shrimp to a plate, keeping as much oil in the wok as possible (you should have about 1 tsp of oil left).

Turn heat down to medium and add garlic. Fry until fragrant, about 15 seconds, then add the snow peas and carrots. Fry for one minute, until the carrots and snow peas are cooked but still retain a nice crunch. Add the soy sauce and rice wine.

Turn heat to high and add the drained spaghetti noodles and shrimp. Toss well to combine. Let cook for two minutes, until shrimp is cooked through. Toss with sesame oil and sesame seeds. – *Recipe courtesy of Jaden Hair, SteamyKitchen.com*

What's on in Vancouver

- Taiwan's Jhuo Lan Dragon Dance Team will be bringing cultural tradition into their performace Friday through Sunday as part of LunarFest, an Asian arts and culture festival.
- The Vancouver Chinatown Spring Festival Parade will begin at 11 a.m. on Sunday and will feature cultural dance troupes, lion dance teams, marching bands and martial arts performances.
- The world-renowned Beijing Shadow Play Art Troupe will be performing at the Dr. Sun Yat-Sen Classical Chinese Garden. The shows will be free on Sunday from 10 a.m. to 4 p.m.

Books stack up quite nicely as decor

Turn over a new leaf.
Use books as decoration, art or even as furniture

Some people love the look of a bookshelf stuffed with books, and what that represents. Others see books as clutter, and wonder why anyone owns them in the digital era.

But the "well-chosen book," or an artfully displayed stack of books, "can be as powerful as any other design element," said Pablo Solomon, an artist and designer from Lampasas, Texas, near Austin. Books not only create a mood, they make a personal statement, he added.

And even when books are used primarily for esthetic effect rather than to show off a collection, the very act of displaying them celebrates them, according to Meredith Wing.

"Repurposing books honours them," said Wing, a third-year architecture student at Columbia University who has her own company, Meredith Wing Design.

Because many readers consume literature digitally these days, physical books also evoke nostalgia — not unlike displays of other authentic objects that originated in earlier eras, like wagon wheels or washboards. "These are the things we now kind of worship," Wing said.

Evoke nostalgia

"Repurposing books honours them."
Meredith Wing, Meredith Wing Design

Books offer relatively inexpensive but powerful design elements of colour, height and shape, while creating a mood and making a statement. MEREDITH WING/MEREDITH WING DESIGN/THE ASSOCIATED PRESS

Bring the drama

But on a practical level, books offer a "relatively inexpensive way to decorate on a large scale," Wing said. She's bought books by the foot, covered them in white paper and created a "minimalist library wall." She's stacked them in non-functioning fireplaces and used them as pedestals for photos. And she's removed dust covers to reveal book spine colours "for dramatic effect."

In Tulsa, Okla., The Tavern restaurant stacked books along a room divider between the dining area and bar in a coloured geometric pattern. The pattern echoed the art deco architecture Tulsa is famous for.

Get horizontal

And it's a technique that's easily adapted in home decor: Instead of lining books up vertically, break them up with horizontal stacks. You can arrange them by size and colour, or keep them organized by topic. But use some of the horizontal stacks to display "accessories, photos or travel knick-knacks," advised Liz Toombs, an interior decorator.

Buy books by the bin

For a "stylized look," Toombs buys old book collections at estate sales. "If they have that worn patina, it's more interesting," said Toombs, who keeps a set of old black-bound encyclopedias in her office at Polka Dots & Rosebuds in Lexington, Ky. Sometimes she turns a book on a shelf around so that the pages, not the spine, face out, to add "a little funky spin to it."

Meridith Baer buys old books by the bin for her work at Meridith Baer Home, a home-staging company. She covers the books individually in solid-colour butcher or craft paper — or sometimes even old architectural house-plans — then arranges them in various ways. If there's an art book she loves, "I leave it on the coffee table open to that page."

Solomon, the Texas designer, also likes displaying individual art books. "We have every art book that ever was," said Solomon. "My wife will pick her favourite artist of the month, put that book out on display, create a dinner and have friends over for Picasso night."

Do judge a book by its cover

And don't be afraid to judge a book by its cover. "Book covers are some of the best art ever done," said Solomon. You can even digitally scan a book cover and have it printed in a variety of materials — aluminum or canvas for example — in any size to hang on a wall.

Ron Marvin, a New York-based interior designer, uses stacks of books to create "little moments."

"I'll stack four or five books on a cocktail table and put a vase on top," he said. "I have an antique chair I didn't want anybody sitting in. I put a stack of books in the chair and on top of that a glass bowl and it looks like a little sculpture. It's a moment. But it also says, 'Please don't sit here.'"

In his office, he stacks his collection of design books horizontally by colour and size, largest to smallest, creating little pyramids.

Stack 'em as side tables

On Pinterest and other sites, you can find photos of furniture made from books — including a much-posted picture of a bed that doesn't look very comfortable (imagine sleeping on a mattress of books!). But Marvin has made more practical furniture from stacks of books, including a nightstand next to a bed and a side table next to a low chair.

THE ASSOCIATED PRESS

Books arranged for a bold, minimalist, contemporary visual effect.
MEREDITH WING/MEREDITH WING DESIGN/THE ASSOCIATED PRESS

Inspiration

A solid wall of 4,000 paperback romance novels spell out the word "Forever" in an art installation by John Salvest.

A room divider between the bar and restaurant in The Tavern in Tulsa, Okla. PHOTOS: BETH J. HARPAZ/THE ASSOCIATED PRESS

Bebelle in her room with her great-grandmother's old bed and a swing for sharing with friends. DAVID A. LAND/HGTV MAGAZINE

A child's room built on old and new memories

Kid stuff. How designer Genevieve Gorder set up her daughter's bedroom

Designer and HGTV star Genevieve Gorder's New York City home recently underwent a complete redesign. And one of the most awe-inspiring spaces was her daughter Bebelle's room.

We talked to the designer about why she chose the elements she did.

Incorporate family heirlooms

"Bebelle has a beautiful bedroom. I put in a bunch of furniture from my grandmother," says Gorder.

"My grandmother's bed that I slept in as a kid is now my daughter's bed."

The designer wasn't reusing the furniture to cut down on costs, though it's always a plus.

"(It's important) to have things from family so she knows she's part of something bigger, and she respects older furniture and techniques that just get ingrained into their visual memory," explains Gorder.

To avoid looking outdated, Gorder spruced up the piece.

"I painted the bed with a gorgeous black oil paint so it makes it look more contemporary and to give it a new life," she says.

Don't forget the fun

The pièce de résistance is a wooden swing in the middle of Bebelle's room.

- "Her room is how you dream about a six-year-old's in a non-commercial way," says the designer.
- "It's about incorporating really simple things that give you pleasure when you're a kid that you don't get to have when you're older."
- And the kids approve. Gorder says all Bebelle's friends line up after school for their turn on the swing.

Not just for kids

Gorder loves mixing items like a metallic side table and lush pillows from regular stores with the toys and kid-friendly pieces.

"If you just give them kid furniture and kid clothes and kid room stuff, it becomes like a toy store and kind of junky," she says. METRO U.S.

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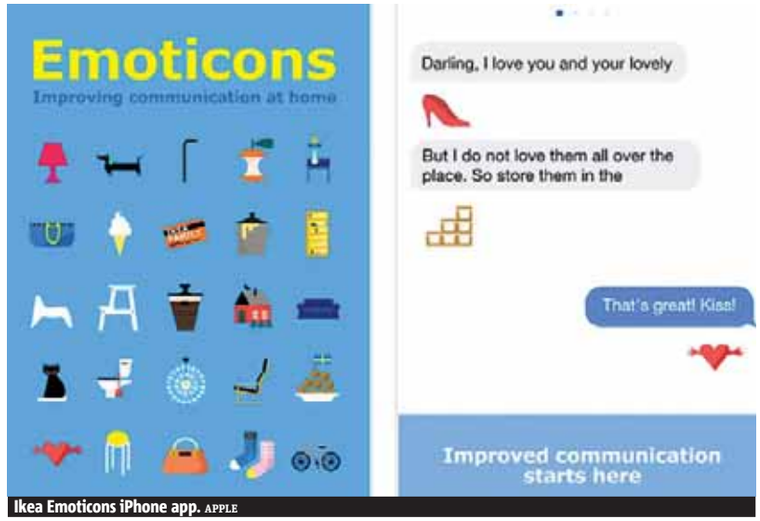
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Ikea Emoticons iPhone app. APPLE

Ikea is hoping to promote harmony in the home, not with a new furniture collection, but via a new emoticon app.

Ikea Emoticons aims to limit the misunderstandings between men and women regarding home-based tasks, and make asking your partner to do the washing up cute again. "All your hints, desires and questions will be understood right away," claims the Swedish furniture brand, perhaps somewhat ambitiously.

Comprising everything from chests of drawers to shoes to the store's famous Swedish meatballs, the app integrates with the keyboard on your smartphone. More traditional emoticons such as kisses and smiley faces are also included in the concept. The app is compatible with iOS and Android products.

So the next time you want to ask a loved one to do the laundry or clean the bathroom, there really will be an app for that.

Ikea Emoticons can be downloaded for free from iTunes or Google Play. AFP

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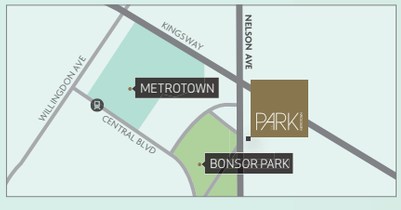

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Add orange to make spring blossom inside

Ask a designer. A reader wants to inject colour into a neutral apartment

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I live in a condo which is nicely decorated with neutral grey tones. I'd like to brighten things up to help get me through this long winter. What would be a good colour to inject? — Sabrina in Halifax

One of the best colours to inject zing into a neutral interior is orange. It will help warm up the cool tones of grey and is a colour we are seeing as a big trend for spring/summer. Orange radiates warmth and happiness as it combines red (stimulating) and yellow (the cheeriest of all colours).

I suggest introducing this colour in accessories rather than investing in large furnishings, art or light fixtures. By adding dollops of orange around your home, you create surprise hits of zingy colour as you walk around.

Here's a lineup of budget-worthy accessories that will inject a burst of citrus into your apartment.

ALL PHOTOS: CONTRIBUTED

Something as simple as a new shower curtain, towels and a mat will have your bath glowing with citrus. Never underestimate a window curtain teamed with a plastic liner to be used in the shower. Striped Voile Curtains, $10, Minimalist Border Towels, from $5, Simons.ca

Changing the largest accessory in the bedroom gives instant impact. Linen will add a soft, luxurious texture and soften with every wash. Belgian Linen Duvet Cover and Shams, $39-$129, WestElm.com

A colourful runner can sit in a foyer, in front of the sofa or along the foot of the bed. Classics; no matter what colour; will never go out of style and make great investments. Hand-Knotted Bijar Wool Rug (#722228), 4'x9', $185, eCarpetGallery.com

A focal wall of colour in the foyer will greet every guest with a splash of Florida sunshine goodness. This one goes particularly well with grey tones. Orange Blossom #2168-30, BenjaminMoore.ca

Two new chairs at the end of the table and some casual dishes will spruce up your dining experience. Vata Dining Chair Set (2), $259. TheBay.com. Miko Orange Collection, $10/plate, UrbanBarn.com

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WHL

Giants earn OT win as playoff race heats up

Before an announced crowd of 10,161 fans — mostly school kids for the third annual Acceptance Flash Mob — the Vancouver Giants defeated the Moose Jaw Warriors 3-2 in overtime in a Wednesday matinee at Pacific Coliseum.

Defenceman Mason Geertsen scored twice, including the winning goal with 49 seconds remaining in the extra period, and added one assist.

Tyler Benson also had three assists for Vancouver.

The win, their fourth in five games, was critical for the Giants. They sit third in the B.C. Division. The WHL now uses a wild-card playoff system. The top three teams from each division qualify for the playoffs, with two wild-card spots per conference, East and West.

The Giants play Friday in Portland, then return home to face the Kamloops Blazers on Saturday.

CAM TUCKER/METRO

UFC

MacDonald to fight Lawler for welterweight title

Canadian Rory MacDonald will fight UFC welterweight champion Robbie Lawler on July 11 in Las Vegas.

MacDonald, a native of Quesnel, had been due to meet Hector Lombard at UFC 186 in Montreal in April, but that fight was dropped after Lombard tested positive for steroids.

THE CANADIAN PRESS

Horvat kicking it up a notch offensively

NHL. Canucks rookie centre has seen an increase in ice time with injuries to Richardson, Bonino

CAM TUCKER
cam.tucker@metronews.ca

Bo Horvat scored to give the Canucks a 2-1 lead over the Wild in the third period of Monday's game at Rogers Arena. The Canucks held on to win 3-2. DARRYL DYCK/THE CANADIAN PRESS

When the regular season started, one of the pressing questions was about how much of a look would Bo Horvat get as a 19-year-old rookie centre in the NHL.

Would he be sent back to junior after nine games?

Would he stick with the club beyond that nine-game window, at which point a year would tick off his entry-level contract?

How much ice time would he get?

Would the club release him to Canada's world junior team from mid-December to early January?

Throughout it all, Horvat has remained with the Canucks, in the NHL, and has seen his ice time increase lately because of the injuries to fellow centres Brad Richardson and Nick Bonino.

And while teammates, the coach and the general manager have raved about the freshman's awareness in the defensive end, Horvat has started producing offensively at a greater clip since the all-star break.

In his last 10 games, Horvat has eight points. He's currently on a four-game point streak, as the Canucks begin a five-game road trip that gets underway Thursday against the New York Rangers.

Last 10 games

8

Bo Horvat has 16 points in 42 games this season. Eight of those points have come in his last 10 games.

The Canucks woke up Wednesday sitting second in the Pacific Division, but only three points up on the L.A. Kings, who sit outside the top eight teams in the Western Conference playoff race.

In an important and thrilling win over the Minnesota Wild on Monday, Horvat's line, with Ronalds Kenins and Jannik Hansen, was out on the ice in the final two minutes to protect the lead. That same line was also responsible for taking the lead earlier in the period.

That's an indication of trust from the coaching staff.

Of Vancouver's four centres — Horvat, Henrik Sedin, Shawn Matthias and Linden Vey — versus Minnesota, only Sedin played more minutes at 5-on-5 than Horvat.

"I'm not going to lie. I'm surprised, to be honest with you," said Daniel Sedin on TSN 1040 of Horvat.

"Young guys, usually they can produce offensively, on and off, but to be that consistent defensively is just ... amazing to watch."

Follow Cam Tucker on Twitter @camtucker_metro

Morales re-energized for the new season

Pedro Morales tallied 10 goals and added a club-record 12 assists last season with the Whitecaps. DARRYL DYCK/THE CANADIAN PRESS

By the end of the 2014 season, Pedro Morales was running on fumes.

The Chilean midfielder joined the Vancouver Whitecaps last February immediately after a campaign with Spanish side Malaga, quickly becoming the captain and most influential player at his new club.

But with no down time to rest, and Major League Soccer's gruelling schedule that crisscrosses the continent, Morales began to wear down.

Now back with his teammates preparing for a new season, the 29-year-old is refreshed and re-energized.

Quoted

"I had time with my family and got some good rest. I feel better for the start of the season and the start of the games." Pedro Morales

"In any walk of life, if you had to work for 18 months non-stop without a holiday or a break ... you're Superman," said Whitecaps head coach Carl Robinson.

Morales scored a team-high 10 goals and added a club-record 12 assists with the Whitecaps in 2014 while helping to guide the team into the playoffs, where they lost to FC Dallas in the first round.

"I was feeling very tired (about) three games before the last game with Dallas," said Morales, whose English has steadily improved since arriving in Vancouver. "Now I feel good." THE CANADIAN PRESS

4 SPORTS

Canucks standing pat may pay off later

THE HOCKEY NEWS
Matt Larkin
vancouver@metronews.ca

It's too early to call Alexander Edler's injury a knockout blow to the Canucks' season. But it may well be that brutal liver shot partway through the fight that hobbles them the rest of the way.

Popsicle sticks already held together the Vancouver blue-line, with Kevin Bieksa sidelined for the balance of the season after hand surgery. Edler's future looks cloudy, with his upper-body injury more recently described as week-to-week, and partner Chris Tanev is also day-to-day. That puts the Canucks down their top pair and three of their top four blue-liners, all while desperately trying to fend off surging Minnesota and L.A. in the playoff race.

The roster is too depleted to ensure a high seed. Nothing but a healthy blue-line would leave the Canucks massive underdogs in any first-round series. The warts extend past the blue-line, from a dearth of secondary scoring to inconsistent goaltending by Ryan Miller.

Adding pieces in the draft like Bo Horvat, Jake Virtanen, Jared McCann and Thatcher Demko have made this team one to watch over the long term, not right now.

Quoted

"There's absolutely nothing wrong with ... letting the season play out without any major moves."

A good model for GM Jim Benning and team president Trevor Linden to follow: the Winnipeg Jets one year ago. They found themselves on the fringes of the playoff race and GM Kevin Cheveldayoff decided he didn't have the horses for a post-season push. He stood pat, added another major piece at the draft in Nikolaj Ehlers and made only minor off-season moves such as signing Mathieu Perreault. A year later, the prospect crop has matured into the NHL's very best, young stars Jacob Trouba and Mark Scheifele are full-time NHLers, and Winnipeg got to make a true "buyer" trade last week, acquiring Tyler Myers and Drew Stafford.

So if Edler's and Taney's injuries become long-term problems there's no reason to fret. The Jets have gone from failure to success story in one short year. The Canucks can, too.

Alexander Edler's injury is no reason to fret. GETTY IMAGES FILE

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Curling

Sweeting leads at Scotties, Jones trails at second

Alberta's Val Sweeting is the lone unbeaten rink at 8-0 after 13 draws of play. She beat Quebec's Lauren Mann 8-6 and Ontario's Julie Hastings 8-5.

Jennifer Jones, the reigning Olympic champion, is in second place at 7-1 after bouncing back with a 9-7 win against New Brunswick's Sylvie Robichaud in the evening draw, after shooting just 69 per cent and making some uncharacteristic errors in a 9-6 loss to Nova Scotia's Mary-Anne Arsenault in the morning draw.

THE CANADIAN PRESS

Ronaldo to the rescue

Cristiano Ronaldo scored one and set up the second for Marcelo in Real Madrid's 2-0 victory over Schalke 04 in Gelsenkirchen, Germany, on Wednesday, in the first leg of their last 16 round in the UEFA Champions League. ODD ANDERSEN/AFP/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Avoid extremes today. Mercury's link to Saturn means you need to stay on good terms with everyone, especially people in positions of power.

♉ Taurus
April 21 - May 21
This is a good day for thinking but not such a good day for making decisions. Whatever you decide over the next 24 hours you are likely to have second thoughts about.

♊ Gemini
May 22 - June 21
You are looking for excuses to avoid something that must be done. But you you made an agreement that you must keep.

♋ Cancer
June 22 - July 23
The planets suggest you will say something shocking today, just for the fun of it. It may be amusing to you but others won't be so happy about it and your reputation could suffer.

♌ Leo
July 24 - Aug. 23
It may be that what a friend or family member has to tell you has some value in it, but what does your inner voice say? You are reluctant to trust your instincts but, ultimately, you can't trust anything else.

♍ Virgo
Aug. 24 - Sept. 23
You may disagree with someone's opinions today but you would still be wise to listen. It could be they know something that you don't.

♎ Libra
Sept. 24 - Oct. 23
Something you are told may not ring true but don't dismiss it. Conversely, something else you are told may seem obvious but don't just accept it. The only thing you can be sure of today is that nothing is for certain.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you strongly disagree with what someone is doing you are advised not to make a big deal of it. They may want to draw attention to themselves.

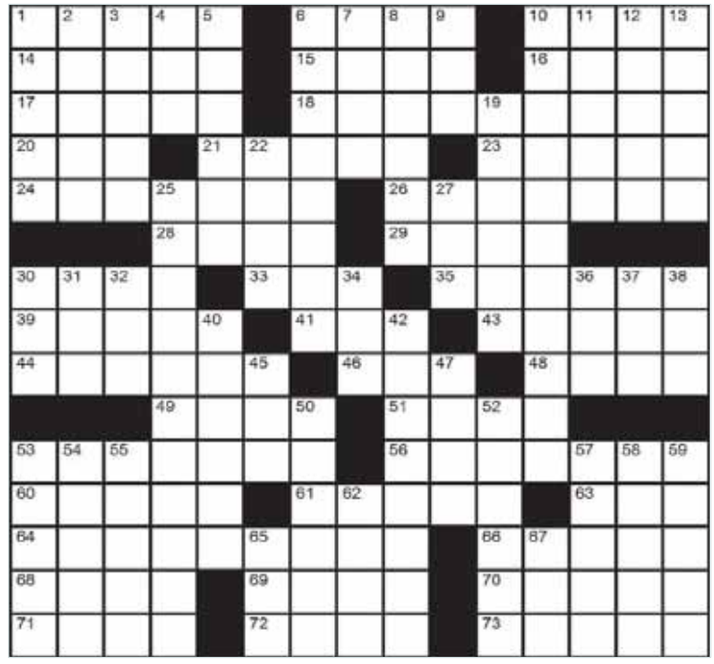
♐ Sagittarius
Nov. 23 - Dec. 21
Social activities will be fun over the next few days but you will spend too much money. If you have to go cap in hand to a loved one for a loan later expect them to want something back.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you live or work with will tell you something you don't want to hear. You know it's true so swallow your pride and act on the information.

♒ Aquarius
Jan. 21 - Feb. 19
Be careful what you wish for over the next 24 hours because you may decide later that you don't want what you wished for. But you won't be allowed to change your mind.

♓ Pisces
Feb. 20 - March 20
If you are asked to give more than you think is fair today, speak up about. If it means you fall out with someone, so be it.

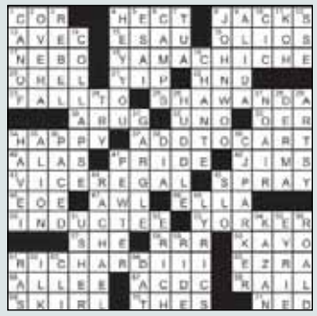
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Better skilled
6. Honey
10. Hurricane Katrina org.
14. Offence
15. In an unwell way, say
16. The Good Earth heroine
17. Accumulate a restaurant tab: 2 wds.
18. British Columbia village in the Robson Valley
20. Shiba __ (Dog breed of Japan)
21. 1987 Heart hit
23. Confuse things
24. Secret agent's file
26. Wheeled stretchers
28. Camaro model, __-Z
29. Ms. Falco
30. Laze
33. Beak
35. Ms. Lauder's
39. Egyptian city
41. "Spider!"
43. Birthdays: "Make _ __!"
44. Spanish wine
46. Particular pronoun
48. Single occurrence
49. "Wait just _ __!"
51. Attire
53. Endurance
56. Creamy carnivorous dish, Chicken _ __ __
60. Phantom's instrument
61. Not as well-done, as steak
63. Grandmother's nickname
64. Quebec City's former NHL team
66. Japan's city of canals
68. Movie-__
69. Dilbert comics intern
70. Musical group of nine
71. Dagger
72. TV brand
73. Garden huts

Down
1. Bitter
2. Keyboard playing student in "Fame" (1980)
3. Blanket-carrying Peanuts character
4. Australia's coat of arms animal
5. Mend
6. Montreal-born actress Norma Shearer won the Best Actress Oscar for her performance in "The __" (1930)
7. Panache
8. Declare in a motion
9. Loaf selection
10. "Chopped Canada" airer: 2 wds.
11. Dodge
12. Macho
13. Poker stakes
19. Oscar-winning actress Ms. Tomei
22. Singer/guitarist
25. Film for which Toronto-born actor Walter Huston won a Best Supporting Actor Oscar, "The Treasure of the __ __" (1948)
27. Ulan-__, city in Russia
30. 'Electron' suffix
31. "Lah-di-__!"
32. Whopper
34. Jay Z's wife, to pals
36. German article
37. Keyboard key
38. "__-Devil" (1989)
40. Noble family of Italy
42. Canadian singers/identical twin brothers, Ryan and Dan __
45. Currency in Japan
47. River to the Ubangi
50. Opera tenor, Enrico __ (b.1873 - d.1921)
52. Mr. Eckhart's
53. Ranked-things on Billboard
54. Royal __ Golf Club, in Scotland
55. Concur
57. Ludicrous
58. "The __ Chef" (Jamie Oliver's old cooking show)
59. Teeny biting flies
62. "__ Flux" (2005)
65. '_' __ in Quesnel
67. Note before Lah

Yesterday's Crossword

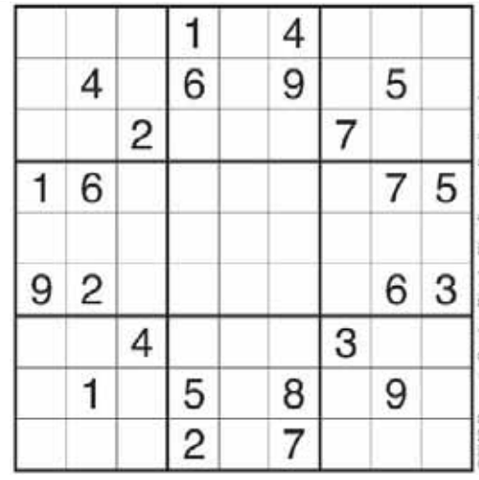


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

5	3	8	7	9	6	4	2	1
9	7	1	2	4	8	3	6	5
2	6	4	3	5	1	9	7	8
6	5	2	1	8	4	7	3	9
1	4	3	9	6	7	5	8	2
7	8	9	5	2	3	6	1	4
3	9	7	4	1	2	8	5	6
4	1	6	8	3	5	2	9	7
8	2	5	6	7	9	1	4	3

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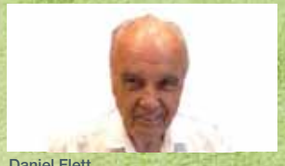

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Chilliwack, BC

Leslie Lampman
White Rock, BC

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Justin Zimmerman
Langley, BC

10

11

12

9 top prizes won. 3 more to go. Will you be next?

scratch & win

bclc

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19+